

## Montgomery County Department of Recreation



### DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER

9701 Main Street, Damascus, MD 20872 \* Phone: (240) 777-6995

Hours: Mon, Tues, Wed, and Fri. 9:00am - 2:00pm. Fri. 9:00am – 4:00pm.

Tony Edghill – Director

Recreation Assistants – Carolyn Francis, Diane Kavanagh,

Sue Ketchum – Nutrition Site Manager

Jacqueline Bell - Nichols

## MARCH 2011

**The ARRIVAL OF SPRING IS COMING VERY SOON!**

- During inclement weather, listen to your radio for possible school closings or delayed openings in Montgomery County. If schools have a scheduled holiday, call the Senior Center at 240-777-6995 for a recorded message about Center activities.
- When Montgomery County Public Schools have a delayed opening or are closed due to weather or other unexpected situations, **ALL CLASSES, PROGRAMS, AND MEETINGS WILL BE CANCELED**. There will be **NO TRANSPORTATION OR NUTRITION LUNCH**. The Center will open by 11:00am, if possible. If you want to stop by, please call the Center first at 240-777-6995.
- If Montgomery County Public Schools close early, **ALL PROGRAMS AND CLASSES SCHEDULED AFTER LUNCH WILL BE CANCELED AND THE CENTER MAY CLOSE EARLY**.
- If uncertain about a class or program, call the Center at 240-777-6995.

**BLOOD PRESSURE SCREENING - Wed., Mar. 2, 9:30 – 10:30am, and Thurs., Mar. 17, 10:00 – 11:00am.**  
**Free**, service provided by retired nurse Aileen Montgomery from Holy Cross Hospital.

**BIRTHDAY PARTY – Thurs., Mar. 3, 1:00pm.** Join Damascus Y Women as we celebrate all of our March birthdays.

**NATIONAL KIDNEY MONTH – Wed., Mar. 9, 1:00pm.** Shady Grove Hospital will be here to do a lecture on Kidney's and their important functions in the human body. **Admission FREE.**

**ROBERTA BENCOR – Wed., Mar. 16, 1:00pm.** Roberta Bencor will be here to discuss how you may record your life story for your loved ones.

**ST. PATRICK'S DAY LUNCHEON – Thurs., Mar. 17, noon.** Chef Sue will be serving a meal fit for an Irish King and Queen. Sign up on the regular lunch list for reservations

**POETRY READING – Thurs., Mar. 17, 1:00pm.** Ms. Eleanor Cunningham has just completed and released her new book on poetry. Come and join her as she reads you her latest poems.

**QUENTIN DUVAL – Wed., Mar. 23, 1:00pm.** Quentin Duvall will be here to explain to Damascus Seniors how SPDAP can help our seniors. SPDAP is Senior Prescription Drug Assistance Program.

**NATIONAL CANCER MONTH – Wed., Mar. 30, 1:00pm.** Lauren Nassr from Shady Grove Adventist Hospital will be here to lecture for National Cancer Month

## PROGRAMS FOR YOUR ENJOYMENT

**SING ALONG – Every Wed., 11:00am – 12:00noon.** If you like to sing, come and join in!

**TEA DANCE – Every Thursday, 1:00 – 3:30pm.** Bring a partner and your dancing shoes. Enjoy dancing to your favorite music. Music provided or you can bring in a tape or CD of your choice. Refreshments served at 2:15 pm. Fee is \$1 (per person) for DSCSI Sponsors and \$2 (per person) for non-sponsors.

**BOOK CLUB – Meets the 2<sup>nd</sup> Thurs. each month at 1:00pm.** There is nothing better than reading a great book when you know you will be able to discuss it with each other. Come and share your recent experience.

**MOVIE BINGO - Tues., Mar. 1, 1:00pm.** Join George Hibbard and Richard Fox in the dining room for name-that-tune bingo.

**WII BOWLING Fri., Mar. 2, 1:00pm.** Wii Bowling is the program for today.

**BIRTHDAY PARTY – Thurs., Mar. 3, 1:00pm.** See page 1 for details.

**CENTER BINGO – Fri., Mar. 4, 1:00pm.** Diane will call this game where if you have bingo you can win a nice prize.

**FAMILY FEUD – Mon., Mar. 7, 1:00pm.** The Hatfield and McCoy's have returned. Join others in the dining room as we play a friendly game of Family Feud.

**MOVIE DAY PART 1 – Tues., Mar. 8, Noon.** Today's movie is "Titanic" starring Leonardo DiCaprio and Kate Winslet. On April 14<sup>th</sup>, 1912 the RMS Titanic called "unsinkable" struck an iceberg and sank in the North Atlantic Ocean.

**NATIONAL KIDNEY MONTH – Wed., Mar. 9, 1:00pm.** See page 1 for description.

**CURRENT EVENTS – Thurs., Mar. 10 and Thurs., Mar. 24, 1:00pm.** Mel Dyson will be here to discuss what's happening in the news today.

**SING ALONG WITH MARYBETH – Fri., Mar. 11, 1:00pm.** Join MaryBeth Talamo in the dining room to sing some of your favorite old tunes.

**PING PONG – Mon., Mar. 14, 1:00pm.** Ping Pong is the game of the day.

**GLORY ROAD – Tues., Mar. 15, 1:00pm.** Today Tony will talk about St. Patrick's Day.

**ROBERTA BENCOR – Wed., Mar. 16, 1:00pm.** See page 1 for description.

**ST. PATRICK'S DAY LUNCHEON – Thurs., Mar. 17, noon.** See page 1 for more information.

**POETRY READING – Thurs., Mar. 17, 1:00pm.** See page 1 for details.

**WII TIGER WOODS THE MASTERS 1<sup>ST</sup> ROUND – Fri., Mar. 18, 1:00pm.** It's March and Tiger is getting ready for the Masters. Join Tony in a game of Wii Golf.

**TRIVIAL PURSUIT – Mon., Mar. 21, 1:00pm.** Tony will facilitate this high stakes game.

**MUSIC BINGO – Tues., Mar. 22, 1:00pm.** Join MaryBeth Talamo for a game of Name-That-Tune Bingo.

**QUENTIN DUVALL – Wed., Mar. 23, 1:00pm.** See page 1 for description.

**WII TIGER WOODS THE MASTERS 2<sup>nd</sup> ROUND – Fri., Mar. 25, 1:00pm.** Join Tony for the 2<sup>nd</sup> round of Wii Golf at the Masters.

**TWENY ONE – Mon., Mar. .28, 1:00pm.** Tony is the dealer for this high stakes game. Win a prize and see if you can beat the dealer.

**MOVIE DAY PART 2 – Tues., Mar. 29, Noon.** The conclusion of “Titanic” starring Leonardo DiCaprio and Kate Winslet . On April 14<sup>th</sup>, 1912 the RMS Titanic called “unsinkable” struck an iceberg and sank in the North Atlantic Ocean.

**NATIONAL CANCER MONTH – Wed., Mar. 30, 1:00pm.** See page 1 for more information.

**DISCUSSION GROUP - Thurs., Mar. 31, 1:00pm.** Today’s topic how the economy has effect and limited what seniors will purchase that is not a necessity item.

**DAMASCUS SENIOR CENTER  
SPONSORS INCORPORATED (DSCSI) TRIP**

**THE NEWSEUM  
LUNCH AT FOOD COURT WOLFGANG PUCK  
FRIDAY APRIL 8, 2011 9:00am – 3:00pm**

**Cost \$40.00**

**Check payable to DSCSI**

**Bring lunch money and wear good, comfortable walking shoes.**

**Completed registration form and payment due Friday March 11, 2011**

*The staff off the Damascus Senior Recreation and Activities Center appreciates the efforts of all of our valuable volunteer receptionists, snack bar attendants, instructors, meals on wheels drivers, and special events coordinators. Special thanks to all businesses and groups that partnership with the Damascus Senior Center.*

**GUIDE TO RECREATION AND LEISURE PROGRAMS** - Almost everything listed in the Guide to Recreation and Leisure Programs is available for registration online. For programs that cannot be registered for online, there is a form that can be downloaded and faxed or mailed.

"Sign up" for "Esubscription" which allows customers with e-mail to receive notices two weeks prior to publication of the Guide reminding them when it will be available online. To be placed on the "Esubscription" list, please visit [www.emontgomery.org](http://www.emontgomery.org) to complete the registration process.

For those who do not have access to the Internet, the Guide to Recreation and Leisure Programs will still be available in community centers, senior centers, swim centers, and libraries throughout the County. The guide contains registration forms.

**SENIORS TODAY!** – Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune in to County Cable Montgomery Channel 6 Sundays at 3:30pm, Mondays at 9:30am, Tuesdays at 1:30pm, Wednesdays at 8:30pm, Thursdays at 12:30pm, Fridays at 7:30pm, and Saturdays at 11:30am.

**SENIOR PROGRAMS WEB SITE:** [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec), your link to other recreation programs including senior programs and services offered throughout the County.

## **\* \* \* HEALTH & SOCIAL SERVICES \* \* \***

**SENIOR INFORMATION AND ASSISTANCE** - Carol Smith is available at the Center most Wednesdays from 11:30am - 4:00pm. Carol can help you with information on senior housing, financial assistance, Medicare and Medicaid information and can provide help in filling out forms. For information or an appointment, call 240-777-1060. Sponsored by Department of Health and Human Services. If Carol is unavailable when you call and you need immediate assistance, call the Senior Information and Assistance line at the Department of Health and Human Services, Aging and Disabilities 240-777-3000.

**BLOOD PRESSURE SCREENING** - **Wed., Mar. 2, 9:30 – 10:30am and Thurs., Mar. 17, 10:00 – 11:00am.**  
**Free**, provided by volunteer nurse Aileen Montgomery (retired) Holy Cross Hospital.

*A flyer containing information about other health and social services available may be picked up at the front desk of the Damascus Senior Center.*

## **\* \* \* TRANSPORTATION \* \* \***

**TRANSPORTATION PROCEDURES** – Transportation reservations must be made in person or by telephone (240-777-6995) by 2:00pm the previous day. Cancellations for either bus or lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

**A flyer containing information about other transportation services available to seniors may be picked up at the front desk of the Damascus Senior Center.**

## **\* \* \* CLASS NEWS & UPDATES FOR MARCH 2011 \* \* \***

**PLEASE NOTE: PAYMENT FOR EACH NEW CLASS SESSION IS DUE BEFORE THE FIRST CLASS. Preferred payment is by check payable to DSCSI\*\*. If classes are canceled for any reason, the start date for the next new session will be adjusted. All canceled classes will be made up. Call the Center before coming to class for the first time to confirm day and time. Most classes allow late registration at a reduced rate. To register for classes, see Center Director or Recreation Assistants.**

**COMPUTER CLASS** – If you are interested in learning how to use the computer and internet class, it will meet on Tuesday and Wednesday from 10:00 – 11:30am (**March 8 and 9**). Register at the Center front desk. **Cost at sign-up is \$20.00 payable to DSCSI. Refund of \$17.00 will be given after class is completed; forfeited if attendant is a no-show. You must be able to attend both sessions in the same week. \$3.00 will be retained for photocopying class materials.**

**BRIDGE CLASS** – If you would like to learn how to play or refresh your memory of how to play, classes can be arranged for Mondays at 10:00. Register at the Center front desk. **Free.**

**CHAIROBICS** - This is a chair-exercise program for full-body strengthening and flexibility. Class meets Wednesdays and Fridays, 10:30 – 11:30am. Ongoing. Join anytime. **Free. Call for information.**

**EXERCISE AND FITNESS** - This is an on-going chair-exercise program for full-body strengthening and flexibility. This class meets Tues., and Thurs., from 10:30 - 11:30am. Join anytime. **Free.**

**KNITTING CLASS** – Join Diane in the Art Room to learn how to knit. This class meets the 1st & 3rd Wednesdays at 11:00.

**MAH-JONG** – Lessons are available on Wed. Learn a new game or take a refresher course. Call the Center and ask a staff person to arrange for **free lessons**. Mah Jong games start at 12:30pm on Wednesdays. **Free.**

**TAP DANCE** - Meets Mondays from 12:00 - 1:15pm. All levels welcome from beginners to advanced. Beginners should come at 10:30am. Stop by and talk to the teacher to see if this class is right for you. Fee: \$30 for 8 weeks. Session starts Mon., March. 14.

**WALK AND FIRM AEROBICS** – This class follows Leslie Sansone's Tapes for Older Adults, which are 30-minute workouts equivalent to either a 1½ or 2-mile outdoor walk. They combine walking-based steps and firming movements at a comfortable pace. Some of the tapes use weights (optional) for part of the time. We have 1lb. to 3lb. weights you may use. Class meets every weekday, 9:15 - 9:45am. Stop by and try it. Ongoing. **Free.**

## **LIFE IS GREAT WHEN YOU PARTICIPATE**

## \* \* \* GAMES AND CLUBS \* \* \*

**BOOK CLUB** - Join us once a month to share reviews of books each of us have read in the past month. You share your views on the book you have chosen to read. No assigned books. You will hear other's ideas and be able to add books to your reading list and avoid books that aren't your cup of tea. Meets the 2<sup>nd</sup>, Thursday of each month at 1:00pm.

**BRIDGE** - Every Tuesday and Thursday from 11:00am - 4:00pm, play as long as you like. New players are always welcome.

**CANASTA** – Meets on Tuesdays from 1:00 – 3:30pm. Experienced and new players all are welcome to learn and play cards in a comfortable, friendly environment.

**MAH JONG** - Every Wednesday at 12:30pm. New players are welcome anytime.

**PINOCHLE** - Every Monday and Wednesday from 10:00am - 3:00pm. Play all day or part of the day. New players are always welcome.

## \* \* \* MORE PROGRAM OPPORTUNITIES \* \* \*

**BILLIARDS, PING PONG, INDOOR AND OUTDOOR SHUFFLEBOARD, AIR HOCKEY, BASKETBALL, HORSESHOES, BOARD GAMES AND PUZZLES** are all available to enjoy at the Center.



**EXERCISE ROOM** - Remember to see a staff person for first time use of Treadmills, Bike, Cardio-Glide, Cross Country Power Walker, or Schwinn Fitness Center. This equipment is available for you to use on your own anytime during regular Center hours.



## **\* \* \* NUTRITION LUNCH PROGRAM \* \* \***

**Meals Monday through Friday are prepared on-site under the Senior Nutrition Program. Order by Monday each week for meals served that week.** Space is limited and reservations fill quickly. You may sign up for any of those meals as soon as the menu for the following month is available, which may be as early as the 24<sup>th</sup> of the month. The full cost of Monday – Friday meals is \$7.00. **For people aged 60 and over, and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal.** Please contribute as much as you can as contributions are used to purchase more meals. **PLEASE TRY TO BRING EXACT AMOUNT OF DONATION WHEN POSSIBLE.**

Cancellations for lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

For information on limited transportation to and from Damascus Senior Center, please call the Center at 240-777-6995.

### **\* \* \* SIGN IN PLEASE! \* \* \***

**We ask for your continued assistance by scanning your access card and signing in each day.**

Attendance figures are an important factor in determining building usage and future needs. Registering each day helps us to keep more accurate records and assists us when we request additional funds and staff. Thanks for your help and cooperation.

## **REMEMBER TO SHOW YOUR SUPPORT!**

If you have not done so already, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will be entitled to vote in DSCSI elections, receive discounts on some special events and enjoy some special sponsor-supported programs at no cost. However, more importantly, you will be supporting your Center and its ability to provide high quality programs, classes, and services at the lowest cost possible. Many of our classes are now sponsored by DSCSI as well as our Snack Bar and Gift Shop. If you are under 55 years old, you are welcome to become a non-participatory sponsor and friend. See a Center staff member or Receptionist.

**Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with The Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540/TTY 240-777-6974.**

**Financial Assistance Policy - The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, see a staff member.**

## **THANK YOU FOR SUPPORTING YOUR CENTER**

**Damascus Senior Center**  
**March 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Canasta 1:00 Movie Bingo	<b>2</b> 9:00 Coffee Social 9:15 Walk & Firm 9:30 Blood Pressure 10:00 Pinochle 10:30 Advisory Committee 10:30 Chairobics 11:00 Knitting 12:30 Mah Jong 1:00 WII Bowling	<b>3</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Book Club 1:00 Birthday Party w/ Y Women	<b>4</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 1:00 Center Bingo
<b>7</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Family Feud	<b>8</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 10:00 Computer Class 11:00 Bridge 1:00 Canasta 12:00 Movie Day 1:00 DSCSI Board	<b>9</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:00 Computer Class 10:30 Chairobics 12:30 Mah Jong 1:00 National Kidney Month	<b>10</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Book Club 1:00 Current Events	<b>11</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 1:00 Sing Along w/ MaryBeth
<b>14</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Ping Pong	<b>15</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Computer Class 10:30 Ex. & Fit. 11:00 Bridge 1:00 Canasta 1:00 Glory Road	<b>16</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:30 Chairobics 11:00 Knitting 11:00 Sing Along 12:30 Mah Jong 1:00 Roberta Benor Recording Your Life Story	<b>17</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:30 Ex. & Fit. 11:00 Bridge 12:00 St. Patrick's Day Luncheon 1:00 Tea Dance 1:00 Poetry Reading Eleanor Cunningham	<b>18</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 1:00 WII Tiger Woods Golf The Masters First Round
<b>21</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Trivial Pursuit	<b>22</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Canasta 1:00 Music Bingo	<b>23</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:30 Chairobics 12:30 Mah Jong 1:00 Quentin Duvall What is SPDAP?	<b>24</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Current Events	<b>25</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 1:00 WII Golf Tiger Woods The Masters Second Round
<b>28</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Twenty One	<b>29</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 12:00 Movie Day 1:00 Canasta	<b>30</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:30 Chairobics 12:30 Mah Jong 1:00 National Cancer Month	<b>31</b> 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Discussion Group	